

RADEP

RECKLESS AND AGGRESSIVE DRIVER EDUCATION PROGRAM

ENROLLMENT ACTIVITY

**THIS ASSIGNMENT MUST BE COMPLETED IN its ENTIRETY AND
BROUGHT WITH YOU TO SESSION #2 OF YOUR SCHEDULED CLASS.**

YOU WILL NOT BE PERMITTED INTO CLASS IF HAVE NOT COMPLETED THIS ASSIGNMENT

ANGER MANAGEMENT

Anger is a powerful force and for most people it can be difficult to control. However, we can learn to control anger and turn anger into a positive experience.

There is a good medical reason for learning how to control anger. In addition to ruining relationships, mismanaged anger can lead to increased risk for several medical problems, headaches, depression, high blood pressure, and heart disease.

Anger is often loud and usually unproductive. Anger can get you at any time, can put you in the grave before you are ready or ruin your most intimate relationships. Learning to harness anger can become a very powerful force in your life. We all get angry over different things.

The average person gets angry about 12 times per day. Most people usually ignore the early physical warning signs. Anger also distorts the way you think. As a way to learn to control anger, we want to learn to use physiological cues to learn to deal with anger. To turn anger into a positive force we must recognize the early signs of anger. Anger is a natural normal emotion, but it is a signal something is wrong and it can motivate you to take corrective action. Every time you get angry you need to ask yourself three different things.

Is anger just? Did someone treat you with the intent to hurt you? Is my anger needless? As an example, a canceled airline flight. (You cannot change or control) Is my anger causing problems? The answer is yes if anger comes too frequently, leads to destructive behavior, last too long, becomes too intense, and/or disrupts work or relationships.

One of the topics to be discussed in class is the issue of anger and how we recognize it. By learning to recognize the early warning signs of anger there are steps you can take to correct the problem. **In order to prepare for class, please keep an anger diary for the next three days. Each time you experience anger, please keep a record of the event. Bring the completed diary to class session #2.** You must complete all three pages, or 9 incidents, where you felt angry over the next three days. If you do not experience three episode of anger in the next three days, please complete the journal on 9 past experiences where you felt angry.

EXAMPLE

Date: 01/01/98

Time: 7:00 a.m.

Cause: traffic jam

Duration: 40 mins

Intensity: 4, was running late for work

Just/Unjust: Unjust

Useful/Useless: Useless

How manage : Poorly, beat steering wheel and honked horn

Physical signs/thoughts, etc.: Face turned red, balled hands in fists; Thought the person in front of me was stupid.

PERSONAL ANGER DIARY (TO BE RETURNED AT SESSION #2)

Date: _____ Time: _____

Cause: _____

Duration: _____ minutes, hours, days

Intensity: ☐ low ☐ mild ☐ moderate ☐ intense

Please circle if: Just or Unjust? And if was: Useful or Useless?

How managed: _____

Physical signs and thoughts, etc. _____

Date: _____ Time: _____

Cause: _____

Duration: _____ minutes, hours, days

Intensity: ☐ low ☐ mild ☐ moderate ☐ intense

Please circle if: Just or Unjust? And if was: Useful or Useless?

How managed: _____

Physical signs and thoughts, etc. _____

How managed: _____

Physical signs and thoughts, etc. _____

Date: _____ Time: _____

Cause: _____

Duration: _____ minutes, hours, days

Intensity: ☐ low ☐ mild ☐ moderate ☐ intense

Please circle if: Just or Unjust? And if was: Useful or Useless?

How managed: _____

Physical signs and thoughts, etc. _____

Date: _____ Time: _____

Cause: _____

Duration: _____ minutes, hours, days

Intensity: ☐ low ☐ mild ☐ moderate ☐ intense

Please circle if: Just or Unjust? And if was: Useful or Useless?

How managed: _____

Physical signs and thoughts, etc. _____

Date: _____ Time: _____

Cause: _____

Duration: _____ minutes, hours, days

Intensity: ☐ low ☐ mild ☐ moderate ☐ intense

Please circle if: Just or Unjust? And if was: Useful or Useless?

How managed: _____

Physical signs and thoughts, etc. _____

Date: _____ Time: _____

Cause: _____

Duration: _____ minutes, hours, days

Intensity: ☐ low ☐ mild ☐ moderate ☐ intense

Please circle if: Just or Unjust? And if was: Useful or Useless?

How managed: _____

Physical signs and thoughts, etc. _____

Date: _____ Time: _____

Cause: _____

Duration: _____ minutes, hours, days

Intensity: ☐ low ☐ mild ☐ moderate ☐ intense

Please circle if: Just or Unjust? And if was: Useful or Useless?

How managed: _____

Physical signs and thoughts, etc. _____

Date: _____ Time: _____

Cause: _____

Duration: _____ minutes, hours, days

Intensity: ☐ low ☐ mild ☐ moderate ☐ intense

Please circle if: Just or Unjust? And if was: Useful or Useless?

How managed: _____

Physical signs and thoughts, etc. _____

Date: _____ Time: _____

Cause: _____

Duration: _____ minutes, hours, days

Intensity: ☐ low ☐ mild ☐ moderate ☐ intense

Please circle if: Just or Unjust? And if was: Useful or Useless?

How managed: _____

Physical signs and thoughts, etc. _____
